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# What's happening this winter in Parks and Rec?

We in the Covington Parks and Recreation Department are excited for the sensational line-up of activities in the upcoming months. Young or not so young, we have something to fit everyone in our community! Come out and let us see your smiling faces as you participate in whatever calls your name.

This winter, our athletics program is offering youth basketball and in the Spring, you can look forward to T-ball, coach pitch baseball, baseball, softball and soccer. We are always looking for volunteer coaches so if you or anyone you know would like to do so, please contact us.

In addition to our regular activities such as gymnastics, Super Sitters, Safe at Home, Kidz Love Soccer, and Bricks 4 Kidz, the recreation department is proud to bring you new classes like Green Thumb Gardeners, Budding Chefs, Go and Grow, and Glow Nutrition Class. Other activities offered include Zumba, Bootcamp and Power Cooking.

You can burn off your Thanksgiving dinner at the Covington Aquatic Center. We have four types of Water X classes including stretch, bootcamp, deep water and shallow wateraerobics. These exercises are great for people recovering from an injury to those who want an intense cardio workout. We have outstanding swim lessons year-round with classes ranging from infants to adult. Swim lessons are an important life skill for children and adults alike, it's never too late to learn!

On top of all of these amazing activities and programs, please join us for our upcoming special events. The Covington Aquatic Center's Hollydaze Float-In Movies will be held on Friday, December 4, 11 and 18. During these public swim events, classic holiday movies are shown while you take a swim! The City's Annual Tree Lighting Event located by Pier 1 Imports will be held on Saturday, Dec. 5 from 4-6 p.m. You won't want to miss the live music, a live reindeer, caroling, hot cocoa, crafts and a visit by Santa Claus! And save the date for the Sweetheart Swim on Valentine's Day, too!

We hope to see you this winter in one of our great classes or special events, or even on an athletic team or as a coach! It is also a great time to try something you never thought you would do!

# **Registration Information**











### **Phone**

Phone payments must be made with a debit or credit card only.

253-480-2480

Monday - Friday 8:30am-8:30pm

Saturday: 8:30am-2:30pm

Sunday: 9:30am-1:30pm



### In Person

Parks & Recreation Offices located at the Covington Aquatic Center

18230 SE 240th Street Covington, WA 98042

Monday - Friday 8:30am-8:30pm

Saturday: 8:30am-2:30pm

Sunday: 9:30am-1:30pm



### **Online**

24 hours a day; 7 days a week

www.covingtonwa.gov/parks

Online payments must be made with a debit or credit card only.

\*Please note: there is a nonrefundable third party processing fee attached to all online registrations.

# Winter Basketball League

We offer teams for kids ages 3-9th grade.

Games are on Saturdays starting on Jan. 16, 2016. Season ends on March 5, 2016 (8 game season). Practice one weekday a week beginning the week of Jan. 4. There are only a few spots remaining! Sign up today!

### **Youth Spring Soccer League**



We are excited to get our spring soccer league going again! We will offer teams for kids age 3 - 6th grade.

Games on Saturdays starting March 12, 2016. Season ends on April 23,

Practice one weekday a week starting Feb. 29; 7 game season. Registration opens on Dec. 1, 2015 and closes Feb. 20, 2016. Space is limited, sign up early to reserve a spot on a team. We cannot guarantee spots on the registration deadline.

Grade	Fee
Toddler (Ages 2 & 3)	\$63.00
Pre-K (Ages 3 & 4)	\$63.00
Kindergarten	\$63.00
1st/2nd Grade	\$63.00
3rd/4th Grade	\$70.00
5th/6th Grade	\$70.00
7th/8th/9th Grade	\$70.00

### **Youth Spring Baseball League**



We will also be offering spring baseball! All divisions are co-ed. Games on Saturdays starting May 14, 2016. Season ends on June 25, 2016.

Practice one weekday a week starting May 2; 7 game season. Registration opens on Dec. 1, 2015 and closes April 10, 2016. Space is limited, sign up early to reserve a spot on a team. We cannot guarantee spots on the registration deadline.

Interested in fastpitch? Check out Kent or Auburn Parks and Rec.

Grade	Fee
Pre-K (TBall)	\$55.00
Kindergarten (TBall)	\$55.00
1st/2nd Grade (CP)	\$63.00
3rd/4th Grade (CP)	\$63.00
5th/6th Grade (KP)	\$63.00

CP: Coach Pitch; KP: Kid Pitch

### Adult Dodgeball League



We are excited to offer our first adult sport, DODGEBALL!

Games will be on Thursdays at Cedar Heights Middle School. Game times will be between 6pm-8pm. Games begin on March 10th and the championship games will be on April 21st.

League champions receive a championship shirt and their photo on the city

Registration begins on Dec. 1, 2015. Team registration only. Registering online is preferred.

Fee Age \$300 (team fee)

> Game Days - March 10, March 17, March 24, March 31, April 14, April 21 (No games the week of spring break)

### Adult 4-ON-4 Basketball League -Register today!



Adult 4-ON-4 Basketball League

Maple Valley Parks & Recreation's REC 4-on-4 adult basketball league returns this spring. This low cost league features teams having 4 players on the court and play full court basketball. The league is without referees, standings, awards or playoffs. Teams will play 8 games. This league is a "call your own fouls" league and the success of the league/enjoyment of the teams involved will depend upon SPORTSMANSHIP. A gym supervisor will keep

score and make sure everyone is playing by the rules. A maximum of 9 teams will be allowed to register. Early registration is encouraged. Registration deadline is February 20. Register online at www.maplevalleywa.gov

**Day Date** F 3/4-4/29 Location

### Adult Soccer League on Ravensdale Park Turf Fields

### **Register Now!**

Adult Coed Recreation Level Soccer League
Come play on our team this spring as Maple Valley Parks & Recreations
first ever Adult Coed Soccer League kicks off Games will be played during
the week at Ravensdale Park. Games are played with (2) 40 minute halves.
Teams will play 8 games. A team is made up of 5 males, 5 females and a Goalkeeper of either gender.
This will be a great league for all recreational level players. Certified referees, playoffs and champion
t-shirts are included. Space is limited to 8 teams so early registration is encouraged. Registration
deadline is February 20 or when the league fills. Register online at www.maplevalleywa.gov.

Don't have a team? Join the players' pool to be picked up or form a new team.

# **Athletics**



# COVING TON growing toward greatness

# Covington Parks & Recreation Youth Athletics Schedule www.covingtonwa.gov/parks

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To sign	Co-Ed Volleyball	Fall Soccer	Co-Ed Flag Football	T-Ball (Spring)	Coach Pitch (Spring)	Baseball (Kid Pitch) (Spring)	Spring Soccer	Basketball (Winter)	Sport
To sign up for our sports leagues, please call 253-480-2480	Register between June 21-Oct. 7	Register between June 14-August 12	Register between March 14-June 17	Register between Dec. 1-April 10	Register between Dec. 1-April 10	Register between Dec. 1-April 10	Register between Dec. 1-Feb. 20	Register between Sept. 1-Dec. 11	Registration
our spo	\$63	\$63- PreK-2nd \$73- 3rd-6th	\$70	\$55	\$63	\$63	\$63- PreK-2nd \$73- 3rd-6th	\$63- PreK-3rd \$73- 4th-9th	Fees
orts lea	2nd/3rd, 4th/5th, 6th/7th/8th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th	1st/2nd, 3rd/4th, 5th/6th, 7th/8th	Pre-K, Kindergarten	1st/2nd, 3rd/4th	5th/6th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th; 7/8/9th	Grades
gues,	ТВА	ТВА	ТВА	TBA	ТВА	ТВА	ТВА	Dec. 10, 2015	Coaches Mtg. Date
pleas	Oct. 17, 2016	Aug. 29 2016	June, 27 2016	May 2, 2016	May 2, 2016	May 2, 2016	Feb. 29, 2016	Jan. 4, 2016	Practice Starts the week of
e call	Saturdays	Saturdays	Thursdays & Saturdays	Saturdays	Saturdays	Saturdays	Saturdays	Saturdays	Primary Game Days
253-	Nov. 5, 2016	Sept. 12, 2015	July 9, 2015	May 14, 2016	May 14, 2016	May 14, 2016	Mar. 12, 2016	Jan. 16, 2016	Games Start
480	ТВА	ТВА	ТВА	TBA	ТВА	ТВА	ТВА	ТВА	Picture Day
-2480	Dec. 17, 2016	Oct. 29, 2016	August 27, 2016	June 25, 2016	June 25, 2016	June 25, 2016	April 23, 2016	March 5, 2016	Season Ends



All levels are welcome to come and enjoy learning the world's most popular sport! Kidz Love Soccer provides children with the positive framework whereby all players are nurtured, built up, and developed as young athletes. A typical class session includes age-appropriate soccer activities: warm up, skill introduction, fun games and instructional scrimmages always conducted in a non-competitive, recreational format led by the professional staff. Shin guards are required after the first class (except Mommy/Daddy & Me). Rainout Hotline – 888-372-5803 Receive cancellation notifications on your smartphone with the Kidz Love Soccer app.

All classes held at Covington Community Park.

# Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the world's most popular sport! As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socializing skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! Each child receives a Kidz Love Soccer jersey!

Ages	Date	Time	Fee	Activity #	
2-3.5	3/9-4/20	6pm-6:30pm	\$75.00	12257	
* No class 4/6 for Spring Break					

### Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages	Date	Time	Fee	Activity #	
5-6	3/9-4/20	4:30pm-5:15pm	\$75.00	12254	
* No class 4/6 for Spring Break					

### **Tot and Pre-Soccer**

Little tykes will enjoy running and kicking just like the big kids! Children will learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages	Date	Time	Fee	Activity #	
3.5-5	3/9-4/20	5:15pm-5:50pm	\$75.00	12255	
* No class 4/6 for Spring Break					

### Soccer 2: Skillz & Scrimmages

Kidz will enjoy advanced skill building: dribbling, passing, receiving, shooting, etc. in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular sport! Each participant receives a Kidz Love Soccer jersey! Shin guards are required.

Ages	Date	Time	Fee	Activity #	
7-10	3/9-4/20	3:45pm-4:30pm	\$75.00	12256	
* No class 4/6 for Spring Break					

## **Martial Arts**

Our structured Martial Arts curriculum allows us to focus each week on various drills and activities to promote agility, strength, speed, attention and self-discipline.







Ages	Day	Time
4-9	Monday	5pm-6pm
4-9	Tues/Thurs	4:15pm-5pm
4-9	Saturday	11am-12pm
10+	Tues/Thurs	5pm-6pm
10+	Saturday	12pm-1pm
Monthly	Fees: One class j	per week: \$55
	Two classes	per week \$75

Classes held at Great Northwest Martial Arts Academy 22415 SE 231st St. Maple Valley, WA 98038

# 6

# **Youth Recreation**



**Gymnastics** \*All gymnastics classes will take place at Hart's Gymnastics at 26415 79th Ave SE Kent, WA 98032

At Hart's Gymnastic Center, we create an environment where the love of gymnastics is combined with both quality coaching and safety to help each individual gymnast maximize his or her potential. We believe that gymnastics has something to offer everyone – whether in a recreational or competitive setting. Our gymnastic program is family friendly while offering the highest quality of coaches and staff.

### **Boys**

Hart's Gymnastic Center is equipped with all 6 Olympic events for men's gymnastics. Our staff is both highly motivated and trained. Your student will have a great time with skill progression while being taught in a fun and safe atmosphere.

Ages: 6 - 12 years Fee: \$62 per session



Day	Date	Time	Act. #
Mon	1/4-1/25	5pm-5:55pm	12240
Mon	2/1-2/22	5pm-5:55pm	12241
Mon	2/29-3/21	5pm-5:55pm	12242

#### Girls

This class is for the student with little or no gymnastics experience. Students learn the basics of FUN and SAFE gymnastics while we emphasize basic gymnastic skills, safety, strength, and flexibility. Handstands, cartwheels, walking on the balance beam, and a front support on the bars are just a few of the exciting things that students learn while mastering the skills necessary for graduation to the next level! Students will continue to expand their skills and coordination while using our trampoline and working on all of the Olympic events!

Ages: 6 - 12 years Fee: \$62 per session

Day	Date	Time	Act. #	Day	Date	Time	Act. #
Mon	1/4-1/25	5pm-5:55pm	12222	Wed	2/3-2/24	6pm-6:55pm	12231
Mon	1/4-1/25	6pm-6:55pm	12223	Wed	2/3-2/24	7pm-7:55pm	12252
Mon	1/4-1/25	7pm-7:55pm	12249	Sat	2/6-2/27	10am-10:55am	12232
Wed	1/6-1/27	5pm-5:55pm	12224	Sat	2/6-2/27	11am-11:55am	12233
Wed	1/6-1/27	6pm-6:55pm	12225	Mon	2/29-3/21	5pm-5:55pm	12234
Wed	1/6-1/27	7pm-7:55pm	12250	Mon	2/29-3/21	6pm-6:55pm	12235
Sat	1/9-1/30	10am-10:55am	12226	Mon	2/29-3/21	7pm-7:55pm	12253
Sat	1/9-1/30	11am-11:55am	12227	Wed	3/2-3/23	5pm-5:55pm	12236
Mon	2/1-2/22	5pm-5:55pm	12228	Wed	3/2-3/23	6pm-6:55pm	12237
Mon	2/1-2/22	6pm-6:55pm	12229	Wed	3/2-3/23	7pm-7:55pm	12254
Mon	2/1-2/22	7pm-7:55pm	12251	Sat	3/5-3/26	10am-10:55am	12238
Wed	2/3-2/24	5pm-5:55pm	12230	Sat	3/5-3/29	11am-11:55am	12239





### Movement

During this class, the parent/guardian works through specialized activities designed to improve balance, strength, large muscles coordination and hand-eye coordination. Tots are encouraged to crawl, climb, and jump through obstacle courses that are set up using "small size" gymnastic equipment. Parents and tots will work together, laugh, and explore movement as they participate in a variety of age appropriate activities. This class will leave both the parents and the tots wanting to come back for more.

Day	Date	Time	Act. #
Sat	1/9-1/30	9am-9:45am	12204
Sat	2/6-2/27	9am-9:45am	12205
Sat	3/5-3/26	9am-9:45am	12206

Ages: 16 mo - 3 years Fee: \$55 per session

#### Preschool

This class is designed for the preschooler who is ready to participate without the help of a parent/guardian. Your child will continue to explore movement through gymnastics as they go through tunnels, climb over blocks, cross balance beams, and explore the gym. Obstacle courses will be set up weekly to maximize balancing, strengthening, and skill building in a POSITIVE, FUN, and SAFE environment. Your child will also begin to learn basic gymnastic skills (forward and backward rolls).

Ages: 3 - 5 years Fee: \$55 per session

Day	Date		Time	Act. #
Mon	1/4-1/	25	5pm-5:45pm	12207
Mon	1/4-1/	25	6pm-6:45pm	12243
Wed	1/6-1/	27	3pm-3:45pm	12208
Wed	1/6-1/	27	5pm-5:45pm	12209
Wed	1/6-1/	27	6pm-6:45pm	12244
Sat	1/9-1/	30	10am-10:45am	12210
Sat	1/9-1/	30	11am-11:45am	12211
Mon	2/1-2/	22	5pm-5:45pm	12212
Mon	2/1-2/	22	6pm-6:45pm	12245
Wed	2/3-2/	′24	3pm-3:45pm	12213
Wed	2/3-2/	′24	5pm-5:45pm	12214

Day	Date	Time	Act. #
Wed	2/3-2/24	6pm-6:45pm	12246
Sat	2/6-2/27	10am-10:45am	12215
Sat	2/6-2/27	11am-11:45am	12216
Mon	2/29-3/21	5pm-5:45pm	12217
Mon	2/29-3/21	6pm-6:45pm	12247
Wed	3/2-3/23	3pm-3:45pm	12218
Wed	3/2-3/23	5pm-5:45pm	12219
Wed	3/2-3/23	6pm-6:45pm	12248
Sat	3/5-3/26	10am-10:45am	12220
Sat	3/5-3/26	11am-11:45am	12221

# Hart's Gymnastics Spring Break Camp

Three day Spring Break GymnasticCamp at Hart's Gymnastic Center. Including all gymnastics events, tumbling tramp, loose foam pit, Wacky World inflatable, crafts and a Hart's t-shirt.

Ages	Day	Date	Time	Fee	Activity #
6-12	M-W	4/4- 4/6	8am-3pm	\$105 for one child \$180 for two siblings \$230 for three siblings	12203



# **Youth Recreation**



# bricks 4 Kidz



# Bricks 4 Kidz Mission To Space

This class will take place at Covington Elementary.

"To infinity and beyond!" Space, often called "the last frontier", has inspired scientists, star-gazers and adventurers for generations. Get inspired to go on your own adventure and join us on a Mission 2 Space! Discover some incredible structures at Kennedy Space Center's Launch Complex 39, travel the surface of the moon on a lunar rover, and explore Mars onboard the "Curiosity". Our tour would not be complete without a visit to the International Space Station. We'll provide the LEGO® Bricks; all you need to bring for this adventure is your imagination!

Ages	Day	Date	Time	Fee	Activity #
6-12	Thu	1/14, 1/21, 1/28	3:40pm-4:40pm	\$45.00	12259
6-12	Thu	2/4, 2/11, 2/25	3:40pm-4:40pm	\$45.00	12260
6-12	Thu	3/10, 3/17, 3/24	3:40pm-4:40pm	\$45.00	12264
6-12	Thu	1/14-3/24	3:40pm-4:40pm	\$120.00	12265

# **Bricks 4 Kidz - Forces Of Nature**

Fasten your seatbelts; we're in for some wild weather! This unit is all about the amazing and powerful forces of nature, as you explore the when, where, how and why of all kinds of natural phenomenon. We'll examine a map of the Pacific "Ring of Fire" where most tsunamis occur, view a diagram of the tectonic plates and learn how their movement creates earthquakes, define the area known as "Tornado Alley" in North America, and find out what hurricanes are called in different parts of the world. Each LEGO® model represents the motion of that particular weather or event, with a seat for a mini-figure to take in the action! Take cover because we're about to take a trip through some wild weather! You will love to build moving models of a tornado, a tsunami, an earthquake, a cyclone, and more. Learn how they move, why they happen and what you can do to stay safe!

Ages	Day	Date	Time	Fee	Activity #
6-12	Fri	1/15, 1/22, 1/29	3:10pm-4:10pm	\$45.00	12266
6-12	Fri	2/5, 2/12, 2/26	3:10pm-4:10pm	\$45.00	12267
6-12	Fri	3/4, 3/18, 3/25	3:10pm-4:10pm	\$45.00	12268
6-12	Fri	1/15-3/25	3:10pm-4:10pm	\$120.00	12269

This class will take place at Crestwood Elementary.

### **Bricks 4 Kidz President's Week Camp**



Try our latest camp! Each day offers an exciting theme for our master builders! Wear a shirt or costume suited for our theme of the day! Choose the whole week or a day or two, you will definitely have a BLAST!

Day 1, Feb.15 - Everything is Awesome

Day 2, Feb.16 - A Pirate's Quest

Day 3, Feb.17- Super Hero Academy

Day 4, Feb. 18 - Ninja Spinning Camp

Ages	Day	Date	Time	Fee	Activity #
5-12	M-Th	2/15-2/18	9am-12pm	\$140.00. Early reg \$120.00 by 1/29 \$35.00 drop in/day	12258





# **Youth Recreation**

# **Super Sitters**

Boys and Girls, come for a day of fun while earning your Super Sitters Certificate! This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety and first aid. Bring a sack lunch and snack to class. Register early as this class fills quickly! Boys can be babysitters too!

Held in Covington City Hall's Community Room.

Ages	Day	Date	Time	Fee	Activity #
11-16	Sat	2/13/16	9am-2pm	\$65.00	12201

# Safe at Home

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, and door safety. Held at Covington City Hall's Community Room.

Ages	Day	Date	Time	Fee	Activity #
8-11	Sat	2/13/16	2pm-4pm	\$30.00	12202



# First Aid/CPR/AED Training

This 6 hour course covers all the basics: first aid, medical emergencies, trauma, pediatrics, infant/child/adult CPR(new standards), infant/child/adult airway obstructions, environment emergencies, bloodborne pathogens, home safety, disaster preparedness and the use of an AED (automatic external defibrillator). CPR is taught to American Heart Association standards and the course meets L&l's requirements for business and industry. We are also able to give CEU for electricians and plumbers licensed in the State of Washington, journeyman level or higher. All students get the opportunity to practice the skills they learn and build confidence to make a difference in an emergency. Included in this class is our full color reference manual for each student and a 2-year completion card. Bring a sack lunch or money for food during lunch.

Ages	Day	Date	Time	Fee	Activity #
14+	Sat	3/5/16	9am-3pm	\$70.00	12301



# **Youth Recreation**



### Go, Grow, and Glow **Nutrition Education Camp**

The mission of this class is to engage students in a handson, brains-on experience in the STEM disciplines focused on nutrition and healthy eating habits. Instructors facilitate learning with tutorials, experiments, games and cooking activities in an environment designed to be safe, supportive, enriching and most importantly-fun! The topics covered in the six week class will span food science and technology, nutrition, cooking, biology, chemistry, mathmatics and engineering. Students can expect to learn how their bodies use food to Go, Grow and Glow while gaining skills to make healthy choices.



### **Green Thumb Gardeners** and Budding Chefs

Five weeks of hands-on gardening and cooking activities! Travel a plant's life from seed to seed, plant and grow your own salad garden and taste your way through the five food groups with

delicious and nutritious dishes each week. You'll also discover how nutrients help us to Go, Grow,

and Glow!

Grades	Day	Date	Time	Fee	Activity #
3rd-6th	Thu	1/7-2/11	4pm- 5:30pm	\$135.00	12349

Ages	Day	Date	Time	Fee	Activity #
6-12	Thu	2/25- 3/24	4pm- 5:30pm	\$115.00	12299

### **Guitar Lessons**

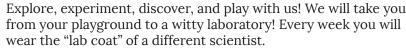


This course will teach guitar lessons in a 50-minute classroom setting for both beginners and those with some experience. By the end of the 8 week course the student should have mastered the following: All basic (open) chords, dominant 7 chords, and barre chords, major and minor scales in all positions on the guitar neck, know every note on the neck of the guitar, be comfortable with alternate picking, know and understand the building blocks of most blues and rock songs, and be able to play a selection of wellknown popular songs.

Ages	Day	Date	Time	Fee	Activity #
11+	Fri	1/29-3/18	4pm-4:50pm	\$200.00. Early reg \$180.00 by 1/8 \$160.00 per additional family member	12258







Little Explorers
Workshops will take
place at Covington
City Hall's Community
Room.

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Ages	Day	Date	Time	Fee	Activity #
3-5	Tuesdays	1/5-1/26	10am-11am	\$60.00	12391
3-5	Tuesdays	2/2, 2/9, 2/23, 3/1	10am-11am	\$60.00	12392
3-5	Tuesdays	3/8-3/29	10am-11am	\$60.00	12393



# **Adult Recreation**

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# ZVMBA

Come join the "fitness party" and dance your way to fitness using fun, high-energy Latin and international rhythms. It's easy to do, effective, and exhilarating. Wear your workout clothes; comfortable, low-traction shoes and bring a bottle of water. No dance experience is necessary. Ladies only, age 14+. Register ahead of time or buy a punch card (5 visits for \$30.00). For more information contact Angela at a.caron.fitness@gmail.com

Ages	Day	Date	Time	Fee	Activity #
14+	W/Th	1/6-1/27	5:45pm-6:40pm	\$35.00	12261
14+	W/Th	2/3-2/25	5:45pm-6:40pm	\$40.00	12262
14+	W/Th	3/2-3/31	5:55pm-6:50pm	\$45.00	12263



# **Bootcamp - Outdoor Group Fitness**

Join our high intensity interval training (HIIT) program and learn to love working out again. Incorporating strength, balance, agility, core stability, cardio, and flexibility. Your experience will include constant motivation, positive reinforcement, and a fun, safe environment. Class meets at Covington City Hall's Community Room. Perfect for all different fitness levels, ages and sizes.

Register at www.fitnessbootcampnow.com or e-mail Melissa at info@fitnessbootcampnow.com for more information.

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				воотс	CAMP	
Ages	Day	Date		Time	Fee	

14+	T/Th/Sat	1/2-1/30	5:30am-6:15am	\$108.00+ tax
14+	T/Th/Sat	2/2-2/28	5:30am-6:15am	\$108.00+ tax
14+	T/Th/Sat	3/1-3/31	5:30am-6:15am	\$108.00+ tax

\*Sat class is from 7:30am-8:15am

# Power Cooking MultiCare BetterConnected

Looking for a way to save time and make healthy family meals on a budget? Chop, dice, slice and cook your way to a month of healthy dinner entrees. You'll learn how to fix and freeze 30 nutritious meals, sample the savory finished products and take home a free booklet filled with a months worth of great-tasting, healthy and easy-to-prepare recipes (nutritional analysis included). Three recipes will be made and sampled in class. Using this method a month of dinner entrees for a family of four averages \$250 a month, so save yourself time, money and the stress of getting dinner on the table...Learn to PowerCook!

This class is taught by a registered dietitian and certified diabetes educator from MultiCare. Class is supported in part by Covington King County library and Covington Friends of the library volunteers. Proceeds from the class go towards future health and nutrition classes in the area to promote healthy living.

Ages Day Day 18+ Tue 3/

Ages	Day	Date	Time	Fee	Activity #
18+	Tue	3/15/16	5:30pm-8:30pm	\$35.00	12300

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# **Aquatics**



# Winter 2016 Swim Lessons Guide December 28, 2015 - February 21, 2016

Listed below are dates, and pricing for the Covington Aquatic Center's swim lesson sessions offered for Winter 2016. Pricing is based upon the number of classes in a session. Classes are 30 minutes in length (except for Competitive Swimming Lessons, Adult Swim Training, and Advanced Swim Training, which are all 1-hour in length).

For individual class availability and registration, please visit us online at <a href="https://www.covingtonwa.gov/cac">www.covingtonwa.gov/cac</a>, or contact us over the phone at (253) 480-2480, or in-person at 18230 SE 240th St. Covington, WA 98042

Days	<b>Dates</b>	Grade Day	# of Classes
Mon. & Wed.	12/28-1/20	1/18	8
Tue. & Thu.	12/29-1/21	1/19	8
Sat.	1/2-2/20	2/13	8
Sun.	1/3-2/20	2/14	8
Fri.	1/8-2/19	2/12	7*
Mon. & Wed.	1/25-2/17	2/15	8
Tue. & Thu	1/26-2/18	2/16	8

\* No classes shall be conducted on Friday 1/1/16 (New Years)

•	1161115	
Parent & Child	\$49.00/\$40.25 CDF	,
Preschool/LTS	\$68.25/\$56.00 CDF	CIGSSES
Competitive	\$108.50/\$89.25 CDF	C
Parent & Child	\$56.00/\$46.00 CDF	0
Preschool/LTS	\$78.00/\$64.00 CDF	CIGOSCO
Competitive	\$124.00/\$102.00 CDF	Q

**Pricing** 





# Aquatics Pool Rentals

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Great for: birthday parties, youth groups, sports teams, church groups, aquatics training, scout groups, and more!





#### Reservations

Reservations must be made prior to the rental. Facilities are booked by the hour, and payment must be received at the time of the reservation. To make a reservation, contact the Covington Aquatic Center.

#### **Amenities**

Use of the following equipment is included in a pool rental:

- "Big Red" the large inflatable octopus)\*
- The "Magic Carpet" (the floating walkway)\*
- "Speedy McBlue" (the water slide)
- Diving Board
- Rope Swing
- Water Basketball
- Mats, Noodles, Inner Tubes, and Life Jackets

Use of the following equipment is available for an additional charge:

• Party Room

\*The inflatable octopus will be in the water during all rentals on Saturday and Sunday. The inflatable octopus is not available for weekday rentals. The "magic carpet" may be substituted for the inflatable octopus, if the octopus is not available for special weekday rentals.

All fees rates and information are as of September 3rd, 2013 and subject to change.

### Days/Times

Sundays: 2:00-5:00pm Saturdays: 3:00-8:00pm

#### **Fees**

Fees are per hour, and pool rentals are based upon the number of people in the rental party.

Pool rentals	General Fee <sup>1</sup>	Covington Discounted Fee <sup>1</sup>
25 people or less	\$150	\$125
26-60 people		
61-90 people		
91-120 people	\$260	\$215
121-150 people	\$280	\$230
Party Room (per 50 minutes) <sup>2</sup>	\$45	\$35

<sup>1</sup>all rental fees are per hour, unless otherwise noted <sup>2</sup>10 minutes following rental room rental used to clean room

#### **Questions?**

If you have any questions or want more information, do not hesitate to call or visit us at the Covington Aquatic Center.



# Aquatics



### **WaterX Classes**

WaterX classes are available on a drop-in basis at the Covington Aquatic Center, with a couple of payment options to help save money for regular participants.

**WaterX Bootcamp classes** are for individuals who would like a low impact, but intense cardio, and muscle building workout.

WaterX Stretch focuses on strengthening joints, core and stretching all the small and major muscle groups of our body. It does this by incorporating proper breathing, balance and warm-up of the muscles. This class takes place in the shallow water with the option to use the shallow portion of the deep end of the pool.

WaterX Deep Aerobics classes give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this one-hour drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

WaterX Shallow Aerobics is a low impact class which provides a great aerobic and cardiovascular workout with muscle toning. It is fun and adaptable to any fitness level, from those recovering from surgery or struggling with weight loss to professional athletes, getting into the pool is cool! Workouts during this one-hour drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

# WaterX Pricing <a href="mailto:Drop-In Rates">Drop-In Rates</a>

Youth/Adult: \$8.25 (CDF \$6.75) Senior/Disabled: \$6.50 (CDF \$5.25)

#### 10-Visit Discount Cards

Youth/Adult: \$74.25 (CDF \$60.75) Senior/Disabled: \$58.50 (CDF \$47.25)

#### WaterX Memberships

3-Month Youh/Adult: \$165.00 (CDF 135.00) 3-Month Senior/Disabled: \$130.00 (CDF \$105.00) 12-Month Youth/Adult: \$330.00 (CDF \$270.00)\*

12-Month Senior/Disabled: \$260.00 (CDF \$210.00)\*

\*Monthly payment plan available for 12-Month Memberships

# **Recreational Swims**

Lap Swims, Family Swims, and Public Swims are available on a drop-in basis as listed on the schedule at on the opposite page and the website at <a href="www.covingtonwa.gov/cac">www.covingtonwa.gov/cac</a>. Ask a cashier about our Aqua Memberships and save money!

Program	General Fee	CDF*
Lap Swims (Per Swim)		
Youth/Adult	\$6.50	\$5.25
10-Visit Card	\$58.50	\$47.25
Senior/Disabled	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75
Public & Family Swims (Per Hour)		
Individual	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75
Family (Household)	\$13.50	\$11.25
Friday Night Promotional Public Swims		
Individual 1 Hour	\$3.50	\$2.75
Individual 2 Hours	\$5.00	\$4.00

### **Private Parties**

You can rent the pool! - The Covington Aquatic Center is available for private parties on weekends. More information available on our website at <a href="https://www.covingtonwa.gov/cac">www.covingtonwa.gov/cac</a>.

\*CDF = Covington Resident Discounted Fee





# **Aquatics**

# Winter 2016 Schedule

**December 28, 2015 - February 21, 2016** 

#### Sunday

9:30am-10:30am WaterX Deep Aerobics 9:30am-12:00pm Swimming Lessons

11:30am-1:00pm Lap Swim 12:00pm-1:00pm Family Swim 1:00pm-2:00pm Public Swim 2:00pm-5:00pm Private Parties

#### Monday/Wednesday

5:30am-7:00am Lap Swim

7:30am-8:30am WaterX Bootcamp

8:30am-9:30am WaterX Shallow Aerobics 9:30am-10:30am WaterX Deep Aerobics 9:30am-11:30am Swimming Lessons 11:30am-1:00pm Lap Swim & Family Swim 4:00pm-7:00pm Swimming Lessons 7:00pm-8:00pm Half Public Swim

8:00pm-9:00pm WaterX Deep Bootcamp Aerobics & Lap & Family Swim

### Tuesday/Thursday

7:30am-8:30am WaterX Stretch 8:30am-9:30am WaterX Shallow Aerobics

9:30am-10:30am WaterX Shahow Aerobics 9:30am-10:30am WaterX Deep Aerobics 9:30am-11:30am Swimming Lessons 11:30am-1:00pm Lap Swim & Family Swim

4:00pm-7:00pm Swimming Lessons 7:00pm-8:00pm Public Swim

8:00pm-9:00pm WaterX Deep Aerobics & Lap & Family Swim

#### **Friday**

5:30am-7:00am Lap Swim 7:30am-8:30am WaterX Bootcamp 8:30am-9:30am WaterX Shallow As

8:30am-9:30am WaterX Shallow Aerobics 9:30am-10:30am WaterX Deep Aerobics 9:30am-11:30am Swimming Lessons 11:30am-1:00pm Lap Swim & Family Swim 4:00pm-7:00pm Swimming Lessons

7:00pm-8:00pm 8:00pm-9:00pm 9:00pm-10:00pm Half-Public Swim & Lap Swim Public Swim (Promotional)

### <u>Saturday</u>

8:30am-9:30am Special Athletes Swim 8:30am-12:00pm Swimming Lessons 9:30am-10:30am WaterX Deep Aerobics

11:30am-1:00pm Lap Swim 12:00pm-1:00pm Family Swim 1:00pm-2:00pm Public Swim 2:00pm-3:00pm Private Parties

Extra Public Swims: December 21-23, 2015, December 28-31, 2015, January 18, 2016, and February 15-19, 2016

covington parks and recreation



(253) 480-2480 18230 SE 240th St. Covington, WA 98042 parks@covingtonwa.gov www.covingtonwa.gov/cac



covington | aquatic center

# Don't miss these great special events!



Hollydaze Float-In Movie Covington Aquatic Center Friday December 4, 11, and 18, 2015 8:00pm-10:00pm Pre-Registration: \$7.50 (GF), \$6.75 (CDF) Day Of: \$11.25 (GF); \$9.00 (CDF)



Community Tree Lighting Ceremony Don Henning Roundabout (by Pier 1 Imports) Saturday December 5, 2015 Festivities begin at 4:00pm Tree Lighting at 5:00pm Santa arrives at 5:30pm



Sweetheart Swim Covington Aquatic Center Saturday February 13, 2016 2:00pm-3:00pm 2 Swimmers for \$4.50 (GF) or \$3.75 (CDF)



Daddy Daughter Spring Fling Cedar Heights Middle School Saturday April 16, 2016 6:00PM-8:30PM \$25 per couple; \$10 per additional daughter



It is our goal to offer high quality Athletic, Recreation and Aquatic programs that meet the needs of our customers. If you do not see a program that interests you, please visit our neighbors and partners at the City of Maple Valley and Black Diamond to see if they offer a program that meets your needs.



Weather Information Hotline (253) 480-2490



Registration Number (253) 480-2480



Register In Person 18230 SE 240th Street Covington, WA 98042





